

# CULINARY MEDICINE CONFERENCE

*When Food Becomes Medicine*



February 29, 2020

7:00 – 7:30 a.m.

**Check-In & Breakfast**

7:30 – 8:00 a.m.

**Morning Meditation and All About Mindfulness**

Irene Estores, MD

8:00 – 8:30 a.m.

**Introduction & Opening Remarks – Why Are We Here?**

Monica Aggarwal, MD, FACC

8:30 – 9:30 a.m.

**The Link Between Diet and Health**

Caldwell Esselstyn, Jr., MD

9:30 – 10:00 a.m.

**Nutrition and the Gut Biome**

Monica Aggarwal, MD, FACC

10:00 – 10:15 a.m.

**Coffee & Snack Break**

10:15 – 10:45 a.m.

**Calorie Density: What's a Carbohydrate?**

Jyothi Rao, MD

10:45 – 11:15 a.m.

**Food to Fuel Movement and Promote Rest and The Role of Mindfulness**

Irene Estores, MD

11:15 – 11:30 a.m.

**A Discussion on Mindful Eating**

Irene Estores, MD

11:30 – 12:30 p.m.

**Cooking Demo**

Ann Esselstyn & Jane Esselstyn, RN

12:30 – 12:40 p.m.

**Appetizer Prep & Movement Break**

12:40 – 12:50 p.m.

**Let's Make Lunch – Part I – Hands-On, Appetizer!**

Ann Esselstyn & Jane Esselstyn, RN

12:50 – 1:00 p.m.

**Movement Break**

1:00 – 2:00 p.m.

**Let's Make Lunch – Part II - Hands-On, Build Your Own Lunch!**

Ann Esselstyn & Jane Esselstyn, RN

2:00 – 2:15 p.m.

**Movement Break**

2:15 – 2:45 p.m.

**Navigating the Supermarket**

Ann Esselstyn

2:45 – 3:15 p.m.

**Proteins and Fats**

Monica Aggarwal, MD, FACC

3:15 – 3:30 p.m.

**Coffee Break**

3:30 – 4:15 p.m.

**Strategies for Bringing Nutrition Into the Clinic**

Monica Aggarwal, MD, FACC

4:15 – 4:45 p.m.

**Case Scenarios**

Jyothi Rao, MD

4:45 – 5:00 p.m.

**Discussion**